ADVANCED REJUVENATING CONCEPTS

Professional Chemical Peel Course

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BEAUTIFUL SKIN starts with healthy cells
Witness a transformation of the skin with Advanced Rejuvenating Concepts unique product formulations.

Only a company with decades of hands-on training in clinical aesthetics can possess a deep-rooted understanding of unique skin care concerns. Every treatment protocol and home regimen has been thoroughly tested and critiqued within our spa and medical aesthetic facility, the Skin Rejuvenation Clinique.

All of our products are formulated with the highest quality standards and contain therapeutic concentrations of independently researched ingredients. They have the ability to deliver immediate results and long-lasting benefits toward graceful aging and healthy, resilient skin.

We’re dedicated to helping each individual attain the results they desire, which is why our products are only sold to skin care professionals. Having a background in medical aesthetic applications, we believe fully in the combined power of professional evaluations, treatment plans, and a beneficial home regimen.

OUR SKIN CARE GOALS

Every skin care concern is unique. Your personal beauty goals, ethnic background, and lifestyle choices are all considered when preparing your plan for rejuvenation. More importantly, our skin changes with the seasons of the year and seasons of life, which is why Advanced Rejuvenating Concepts’ treatment plans are so effective—we call this Concierge Aesthetics.

Every unique product and combined regimen has the potential to deliver multifaceted results for beautiful, flawless, and healthy skin.

WE ACHIEVE BEAUTIFUL, HEALTHY SKIN BY TARGETING THE MOST CHALLENGING SKIN CONCERNS

FINE LINES AND WRINKLES / LAXITY AND A LOSS OF ELASTICITY
DISCOLORATIONS AND AGE SPOTS / LACKLUSTER OR DEHYDRATED SKIN
THINNING SKIN / REDNESS AND INFLAMMATION / CLARITY AND BREAKOUTS
Concierge Aesthetics

Aesthetician
Purveyor of everything beauty and skin related.

At Advanced Rejuvenating Concepts, we believe an aesthetician’s role is not limited to skin care, but the beauty realm. We call this Concierge Aesthetics. Aesthetician’s have the ability to educate clientele and help each individual achieve their best look ever. From makeup application to non-invasive medical procedures for rejuvenation, we believe aestheticians should have many different resources to extend their consulting capabilities to their clients.

Cosmeceutical Care
Products that are formulated to offer a beneficial change to the skin and improve skin health and radiance.

In the skin care industry, we have mass-produced products, cosmeceutical products and prescription products. Skin care products that are distributed by grocery stores are formulated to be safe, hydrate and offer some sort of benefit, but they do not change the skin. That is considered a reaction. Rejuvenating the skin requires a reaction, we want the skin to change–this is the result.

Aesthetic Physicians
Providers who offer medical aesthetic procedures that rejuvenate the skin.

Medical procedures range from non/minimally invasive procedures to surgery with the capability to smooth wrinkles, even skin tone and correct laxity. These procedures are necessary to make immediate changes to the look of the face, neck and décolleté, but are not a substitute for aesthetic treatments.

Aestheticians complement these procedures by helping clients maintain their results and protect the investment of medical procedures. Without aestheticians, the long-term benefits are lost because the client did not take proactive means to maintain their results.
About Chemical Peels

Effective, economical and the foundation of Concierge Aesthetics.

Chemical peels have the ability to exfoliate up to 0.06 mm of dead skin cells—a fine strand of hair. Formulations differ between home use and professional use. Home peel solutions are buffered, have a slightly acidic pH, and are generally found in concentrations of less than 10%. Professional peel formulations vary by the percentage of acid in the solution, pH, and buffering of the solution. Which is why protocols from different manufacturers vary.

ALPHA HYDROXY ACIDS

A class of chemical compounds derived from food sources: glycolic, lactic, malic, tartaric, mandelic, and citric. They have the ability to penetrate the top layer of skin and have a profound effect on keratinization by diminishing cellular cohesion between keratinocytes. Glycolic and lactic acids have been shown to increase glycosaminoglycans (GAG’s) and collagen synthesis.

- Glycolic Peel 15%, 2.8 pH and Glycolic Peel 30%, 2.5 pH
- Lactic Peel 30%, 1.9 pH

BETA HYDROXY ACIDS

Salicylic acid, derived from willow tree bark, has offered many medicinal benefits for centuries, as a chemical peel solution, it acts as a bacteriostatic agent (neutralizes bacteria), keratolytic (thins the skin and causes it to loosen and shed), and comedolytic (prevents the formation of comedones).

- Salicylic Peel 20%, 2.2 pH

ENZYMES

Mild exfoliants derived from specific plant sources, including pineapple (bromelain), papaya (papain), and pumpkin (protease). Enzymes diminish cellular cohesion of dead skin cells and offer antioxidant support.

- Blue Enzyme Peel 30% Lactic Acid
- Citrus-C Enzyme Peel 30% Glycolic Acid
- Pumpkin Enzyme Peel 30% Glycolic Acid

Not included in this presentation are superficial to mid-depth peel solutions, including Jessner, modified Jessner, TCA, and retinol peels. Please request more information regarding advanced peel procedures and Advanced Rejuvenating Concepts clinical peel solutions.
Remarkable results can be achieved when the right combination of products are used.

**BENEFITS OF CHEMICAL PEELS**

- Acne Management and improvement of some types of scars
- Aging concerns: lines, wrinkles and texture
- Dry skin and poor desquamation of skin cells
- Dehydration, a cellophane-like appearance to the skin
- Hyperpigmentation, discolorations, age spots, and melasma
- Rough skin texture associated with sun damage
- Healthy skin maintenance and age prevention

**A CHEMICAL PEEL WILL NOT CHANGE...**

- Deep facial wrinkles - although the brightening and exfoliating benefits may help diminish the appearance of wrinkles by removing shadowing
- Laxity or sagging skin
- Capillary damage, couperose, telangiectasia
- Reducing pore size - it may diminish the appearance of enlarged pores but will not change a pore size
- Deep skin scars, keloid scars, or ice pick scars

**CONTRAINDICATIONS**

- Isotretinoin (Absorbica or like product) use within the past 6 months
- Prescription retinol use within the past 48 hours (Retin-A, Renova, Tazorac, or like product)
- Eczema (inflamed or dormant)
- Inflamed skin condition, including acne or rosacea
- Waxing, depilatories, or laser within 2 weeks
- Pregnant or nursing mothers
- Tanning or excessive/occupational sun exposure
- Active herpes/cold sores (must be using prescription to manage breakouts before, during and after procedures)
- Allergy to select peel ingredients (primarily milk/lactic acid, or aspirin/salicylic acid)
- Skin types/ethnicities with high melanin content are at a higher risk for hyperpigmentation
Skin ID

Our skin changes with the seasons of the year and the seasons of life. Therefore, Advanced Rejuvenating Concepts products are formulated to be interchangeable based on 4 common skin types and 6 common Concerns. Our philosophy, treat the problem and keep the skin balanced.

Skin Types

The foundation of consultation and the proper home regimen is in determining your client’s Skin Type. You can do this by identifying the abundance or lack of oil on the skin’s surface. Maintaining a balance is an important characteristic of healthy skin.

NORMAL / WELL BALANCED

Normal skin types have a healthy look and are not oily or dry. The goal for this skin type is to maintain this balance, improve skin radiance and texture, and prevent environmental damage in all seasons.

OILY / EXCESS SHINE

Oil glands are overproducing, resulting in excess shine, a greasy look to the skin, and breakouts. Advanced Rejuvenating Concepts products for Oily Skin/Acne help manage oil production, reduce breakouts and prevent environmental damage.

DRY / DULL AND LINED

Characterized by a dull appearance, tight feel and fine lines, dry skin types suffer from natural moisture loss. Improve the look and feel of dry skin with a combination of products that help fortify the skin’s barrier against the elements, seal in hydration, and help improve the skin’s elasticity.

COMBINATION / T-ZONE

Commonly referred to as t-zone, combination skin types are characterized as having increased oil and shine from the forehead down the nose and the chin, with dry regions on the cheeks. Balancing this skin type with Advanced Rejuvenating Concepts product range helps prevent environmental damage, breakouts and blackheads, while refining the pores and improving the look of the skin.
Skin Concerns

As aesthetic professionals, we’ve learned that skin care regimens should evolve with the changes of the seasons and changes related to aging. Identifying your clients’ skin types is the foundation of the regimen. Identifying the skin’s Concern will help target the regimen and get your client on the path to healthier and more radiant skin.

HYPERPIGMENTATION
Uneven skin tone, dark spots or discolorations are a result of chronic sun damage, melasma, or acne. Advanced Rejuvenating Concepts’ Hyperpigmentation product range is formulated to lighten discolorations and encourage a more even skin tone by suppressing pigment-inducing melanocytes. Over time, the skin will appear more luminous and even-toned.

AGING
A combination of chronic environmental damage and intrinsic aging, this skin Concern is characterized as thin, with fine lines and wrinkling, poor elasticity and dryness. Advanced Rejuvenating Concepts’ Cellular Solutions range is specifically formulated to restore radiance to the skin by encouraging collagen synthesis and smoothing the appearance of lines and wrinkles.

DEHYDRATION
Skin that lacks essential water and has a cellophane-like appearance to the superficial layers is characterized as dehydrated. Advanced Rejuvenating Concepts Clinical skin care products for dehydration focus on exfoliating and infusing hydration back into the skin. Results may include increased absorption, improved barrier function, reduced breakouts, and restored radiance to lackluster skin.

ACNE
Generally related to hormonal changes in the body, acne can develop in teens and adults, and is characterized by the type and severity of lesions it presents. Advanced Rejuvenating Concepts’ Oily Skin/Acne product range is formulated to help manage oil production, prevent cellular buildup, and decrease the occurrence of breakouts in teens and adults.

ROSACEA
Flushed skin, redness, acne-like lesions and visible blood vessels on the skin surface may be the result of an underlying Concern called rosacea. Advanced Rejuvenating Concepts’ Sensitive Skin/Rosacea product range is formulated to gently refine the skin, reduce redness, and offer vascular support with a proprietary combination of anti-inflammatory agents and antioxidants.

SENSITIVE SKIN
Characterized and skin that reacts with burning, itching and sometimes inflammation to a variety of topical or environmental triggers; sensitive skin is a surprisingly common Concern. Advanced Rejuvenating Concepts’ solutions for sensitivity encourage healthy regeneration and provide the skin with essential nutrients while helping to prevent environmental triggers of sensitivity.

Learn more about skin types and concerns at ARCSkinCare.com and visit the Blog, Education, or Press pages for webinar recordings and published articles. Advanced Rejuvenating Concepts’ Educators can also offer specific product and treatment knowledge in phone consultations or online webinar workshops. Call 800 689-0499 to schedule a consultation time.
Consultation &
Skin Evaluation

Skin care is not simple and you should never take an individual’s skin at face value.

One of the most fundamental components to any skin care practice is the intake form. It lets clients know what they may experience in the treatment room and provides you with the essential information necessary to give them a safe and beneficial treatment. A consultation and evaluation should be performed with all clients, new and seasoned.

Skin care is not simple and you should never take an individual’s skin at face value. Although there are ten key points in this article to help guide you, this process is simple and may easily be achieved in ten to fifteen minutes. Read the intake form and consent form as your client is disrobing and perform the analysis before, during, and after you cleanse and tone the skin.

Simple changes in topical skin care products, medications, hormones, and diseases can all create a variable in your treatment that was not present in the previous visit. Take your practice and your client’s well being into consideration with every treatment you perform to help build a safe practice and a long-lasting relationship.
10 Tips to Successful Treatments

1. Inform Your Client

From chemicals to waxing, every client should complete an informed consent and release form. This document is written to notify your client of the potential outcomes that may happen as a result of this service. It protects them as consumers and dually protects you in the event that an adverse outcome takes place, and the client needs to seek medical attention or looks to legal advise against you. You should also inform them of the care that needs to be taken before or after a facial treatment to help protect their skin and their results.

2. Use an Intake Form

Aside from an informed consent and release document, the intake form contains valuable information that you need to know before conducting a treatment. This includes past treatments the client has had performed, known allergies, medications, concerns, and the basics of what they’re using at home on their skin. Without this document you do not have all the information you need to perform a safe and beneficial treatment. Verbal questions may not always prevent the best defense with your insurance company, state board or lawyer.

3. Identify the Clients Concern

This can be a question in the intake form and is a valuable tool to help target your treatment to their immediate concern, get them on the path to a great result, and increase your chance of rebooking and referrals from that client.

4. Visual Skin Analysis

Once the documents are read and the clients concern is identified, you may proceed to a visual skin analysis. Knowing your clients concern and visualizing the changes in texture, color, thickness and pore appearance can clue you in to what that client may experience with your treatment. A visual skin analysis may also alert you to prescription use, particular areas that may require medical attention, or lesions on the surface that should not be aggravated. With a trained eye, you will learn many things about their skin that could be a result of hormone changes, diseases and medication side effects.

5. Client History

We’re not looking for their life story, just the pertinent skin-related information. What made them choose your facility for a treatment? What treatments they have experienced in the past? Is this his/her first time experiencing a facial or waxing service? Have they received an exfoliation treatment within the past four weeks? The answers to these questions can clue you in to what has/has not worked for them in the past and give you an advantage to keeping them coming to you for skin care services. These questions can also help protect your business in the event that a client is opting for a service that was not recommended by another professional for safety reasons.

6. Use Guides

These universal scales are designed to help you as a skin care professional determine a skin. When used together they are a great guideline for your treatment path and recommendations, but we must also remember to consider ethnicity.
10 Tips to Successful Treatments - Continued

The Fitzpatrick Skin Type Classification (FPSTC) is based on six categories that have been defined for basic skin color/pigmentation and the skin’s response to ultraviolet exposure. Utilizing this scale for skin analysis and consultation purposes will aid in determining the care and maintenance that will need to be done at home and in the treatment room. The Fitzpatrick Scale can be considered a foundation to the skin analysis process, but should not be used alone in determining a course of action for the skin.

The Glogau Scale aids the skin care professional in determining what stage of photoaging the client may have. Photoaging (unlike chronological aging) is a direct result of UV and free radical exposure the skin receives. When determining eligibility for chemical peel treatments, the Glogau Scale can help determine the treatment series.

7. Identify Ethnicity

As mentioned in the introduction, America is a melting pot that presents many colors of multiracial skin. Celebrity Golfer, Tiger Woods refers to his nationality as “Cablinasian,” a term he made to describe his “Caucasian, Black, American-Indian and Asian” ethnicity. This is important to consider because you may be presented with a client who has a Fitzpatrick II appearance, but has Mediterranean, African American or Japanese dispositions that could increase that client’s sensitivity, hyper- or hypo-pigment their skin, or scar them.

8. Treatment Path & Home Regimen

Documenting the treatment and your proposed treatment plan is a great way to keep a self-reminder on the client’s treatment and identify the client’s reaction to the treatment. In the event he/she experienced a reaction immediately or within 24 hours of the service, you will be able to reference the products used and adjust the form properly so any adverse reaction does not happen in future appointments. Communicating a treatment plan that will offer them the best benefit is a great way to maintain communication and build a relationship with the client. The same holds for the suggested regimen they should be using at home.

9. Marketing & Follow-Up

Use the personal information provided by the client to follow through with the service. After the initial treatment send a thank you card, email or phone call to the client. Let them know that you appreciate their business, invite them to call with questions about their skin, or to pre-book an appointment. If you have not seen particular clients for an extended period, give them a phone call to let them know that you miss seeing their face, hope they think about you for future appointments. Consent and consultation forms are tools for the treatment room that dually help build business.

10. Repeat for Every Visit

These documents are living, breathing and evolving correspondence about each visit your client has. Whether you perform a waxing service or laser treatment, documenting the care you give them is a vital component to your client’s safety and for the safety of your business.
# Fitzpatrick Skin Type Classification

## Genetic Disposition

<table>
<thead>
<tr>
<th>Score</th>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>What is the color of your eyes?</strong></td>
<td>Light Blue/Grey/Green</td>
<td>Blue/Grey/Green</td>
<td>Blue</td>
<td>Brown</td>
<td>Dk Brown-Black</td>
</tr>
<tr>
<td><strong>What is the natural color of your hair?</strong></td>
<td>Sandy-Blonde/Red</td>
<td>Blonde</td>
<td>Lt Brown/Dk Blonde</td>
<td>Dark Brown</td>
<td>Black</td>
</tr>
<tr>
<td><strong>What is the color of your skin?</strong></td>
<td>Red Undertones</td>
<td>Very Pale</td>
<td>Pale/Beige Tint</td>
<td>Light Brown</td>
<td>Dark Brown</td>
</tr>
<tr>
<td><strong>Do you have any freckles?</strong></td>
<td>Many</td>
<td>Several</td>
<td>Few</td>
<td>Incidental</td>
<td>None</td>
</tr>
</tbody>
</table>

Total score for genetic disposition [ ]

## Reaction to Sun Exposure

<table>
<thead>
<tr>
<th>Score</th>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>What happens when you stay in the sun too long?</strong></td>
<td>Severe Burn</td>
<td>Burn</td>
<td>Sometimes Burn</td>
<td>Rarely Burn</td>
<td>Never Burn</td>
</tr>
<tr>
<td><strong>To what degree do you tan?</strong></td>
<td>Hardly</td>
<td>Light</td>
<td>Reasonable</td>
<td>Easily</td>
<td>Brown</td>
</tr>
<tr>
<td><strong>Do you tan quickly/within hours of sun exposure?</strong></td>
<td>Never</td>
<td>Seldom</td>
<td>Sometimes</td>
<td>Often</td>
<td>Always</td>
</tr>
<tr>
<td><strong>How does your face react to sun exposure?</strong></td>
<td>Very Sensitive</td>
<td>Sensitive</td>
<td>Normal</td>
<td>Resistant</td>
<td>Very Resistant</td>
</tr>
</tbody>
</table>

Total score for genetic disposition [ ]

## Sun Exposure Habits

<table>
<thead>
<tr>
<th>Score</th>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Have you tanned recently?</strong></td>
<td>3+ months</td>
<td>2-3 months</td>
<td>1-2 months</td>
<td>&lt; 1 month</td>
<td>&lt; 2 weeks</td>
</tr>
<tr>
<td><strong>Do you expose your treated skin to the sun?</strong></td>
<td>Never</td>
<td>Hardly</td>
<td>Sometimes</td>
<td>Often</td>
<td>Always</td>
</tr>
</tbody>
</table>

Total score for genetic disposition [ ]

0-7 = Fitzpatrick I / 8-16 = Fitzpatrick II / 17-25 = Fitzpatrick III / 26-30 = Fitzpatrick IV / 31+ = Fitzpatrick V
Glogau Classification of Photoaging

<table>
<thead>
<tr>
<th>Group</th>
<th>Intervention</th>
<th>Typical Age</th>
<th>Skin Characteristics</th>
</tr>
</thead>
</table>
| I     | Mild - Focus on preventative measures with sunscreen and antioxidants | 28-35 | EARLY PHOTOAGING  
Mild pigment changes, no keratosis visible, minimal wrinkles, minimal makeup |
| II    | Moderate - Maintain preventative measures, introduce chemical peels | 35-50 | EARLY TO MODERATE  
Early discolorations, keratosis palpable but not visible, mild scarring, smile lines begin to appear, wears foundation |
| III   | Advanced - More intensive home care, advanced peeling, IPL/laser | 50-65 | ADVANCED PHOTOAGING  
Discolorations, capillary damage, visible keratosis, wrinkles are apparent, need to wear more makeup |
| IV    | Severe - Intensive home care, advanced peeling, IPL/laser, plastic surgery procedures | 60-75 | SEVERE PHOTOAGING  
Sallow/greyish skin color, keratosis with/without malignancies, severe wrinkling throughout, gravitational lines appear, no sign of normal skin |

The Glogau Classification helps measure the signs of photoaging with descriptive features of mild to severe damaged skin. This helps determine the best treatment plan for the client’s age-range.

Client Intake/Consultation Form

Aestheticians play an important role in creating more youthful looking skin and maintaining results; sometimes, skin care professionals need to be reminded—and remind our clientele—of how quickly our skin can age. Take your standard of excellence and service one step higher with routine re-consulting of your client’s skin.

You, your future customers and your existing clients will all benefit with this consultation page. Use this form as a guide to help your customers achieve the results they are looking for and build your earnings as a skin care provider.

Remember, each home regimen should change with the seasons and treatments should be planned to help each man and woman age gracefully—or not at all.
Client Intake Form

Name: ___________________________ Date: ________

Phone Number: ______________________

Address: ______________________________________

City: ______________________________ Postal Code: ____________

Email: __________________________ Date of Birth: ____________

How did you hear about our business? __________________________

What is the reason for your visit today? __________________________

Do you have a specific concern? __________________________

LIFESTYLE QUESTIONS

Are you outdoors often or for prolonged periods of time? [ ] Yes [ ] No
Do you wear sunscreen? [ ] Yes [ ] No
Do you use self-tanners? [ ] Yes [ ] No
Do you sun bathe or use a tanning bed? [ ] Yes [ ] No [ ] No How often?

How frequently do you exercise? __________________________

Do you exercise outdoors [ ] Yes [ ] No

Are you pregnant or nursing? [ ] Yes [ ] No

Have you taken, or currently using any oral contraceptives? [ ] Yes [ ] No

Do you smoke? [ ] Yes [ ] No [ ] No How long:

Do you have any of the following: [ ] Diabetes [ ] Pace Maker [ ] Contact Lenses

What prescription and OTC medications/hormone replacement/vitamins/antihistamines do you presently take?

Do you have any allergies, or have you ever had a reaction to any food or skin care product? (list)

What skin care products have you used, or are currently using (including prescription)?

AM

PM

How would you describe your commitment level to your skin care regimen?

[ ] Highly Committed: I follow a regimen and wear sunscreen daily

[ ] Committed: I understand the importance of home care and try to be diligent

[ ] Somewhat Committed: I have a few products and use them occasionally

[ ] Not Committed: I don’t have a regimen and am lacking in products

ADVANCED REJUVENATING CONCEPTS™
SKIN ANALYSIS

1. What do you want to change about your skin?
   - [ ] Color (browns/reds)
   - [ ] Firmer, tighter skin
   - [ ] Smoother texture
   - [ ] Lines and wrinkles
   - [ ] Scars
   - [ ] Pore refinement
   - [ ] Active acne
   - [ ] Look younger
   - [ ] Look Healthier

Other concern(s): ____________________________________________________________

2. What past procedures have you received?
   - [ ] Light skin peels
   - [ ] Microdermabrasion
   - [ ] Deep peel
   - [ ] IPL Photofacial
   - [ ] Laser resurfacing
   - [ ] Neurotoxin injections
   - [ ] Filler Injections
   - [ ] Plastic Surgery
   - [ ] Hair removal

Other: ___________________________________________________________________

3. Current skin type (circle all that apply):  Dry / Normal / Combination / Oily

4. Current skin condition(s)?
   - [ ] Acne
   - [ ] Aging
   - [ ] Dehydration
   - [ ] Hyperpigmentation
   - [ ] Sensitive / Sensitized
   - [ ] Rosacea

PROFESSIONAL EVALUATION (the remainder of this form is to be completed by the technician)

What are some visible conditions that should be addressed?
   - [ ] Cold Sores
   - [ ] Blood Thinners
   - [ ] Diabetic (managed with physician)
   - [ ] Aspirin/Motrin Use

Aesthetic Treatment
   - [ ] Light skin peels, every ______ weeks, ______ duration
   - [ ] Microdermabrasion, every ______ weeks, ______ duration
   - [ ] Ultrasonic Therapy, every ______ weeks, ______ duration
   - [ ] Trio Therapy, every ______ weeks, ______ duration

Other Recommended Treatment
   - [ ] Neurotoxin Injection
   - [ ] Filler Injection
   - [ ] Laser/IPL
   - [ ] Facial Plastic Surgery
   - [ ] Mole Removal/Checkup

HOME REGIMEN
_________________________________________________________________________
_________________________________________________________________________
_________________________________________________________________________
_________________________________________________________________________
FACIAL CHARTING (discolorations, aging, capillary damage, etc.)

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
Aesthetic Guidelines

Before administering any treatment on a client, a thorough consultation is necessary to note any changes they may have in their daily life and routine. This includes stress, increased sun exposure, new medications or the discontinuation of previous medications, or bodily changes. Both physical and emotional factors play a key role in the skin appearance and care that is taken at home. Before conducting any peel treatment always ask your client the following questions.

ARC Peel Solution Rules

Our professional treatments are targeted to meet the needs of the client. This is determined with a Consultation and Skin Analysis prior to the treatment.

Here are a few things you should note for every Advanced Rejuvenating Concepts’ Peel Protocol:

Always perform a Consultation and Skin Analysis prior to every treatment.

Choose a peel solution that will best suit their skin’s individual needs and give a beneficial result.

Peel treatments should be administered every 4 to 6 weeks. Some exceptions may apply.

Never perform a peel on skin with open lesions, inflammation, or unknown disorders.

Never use hot towels or steam.

Never set a timer after applying a peel, always watch for signs of over-exfoliation.

Always reference your Consultation Form for contraindications or allergies.

Tools of the Trade

Having over 25 years experience in building a skin care business and product line, we’ve discovered that there are a few basic tools that every treatment room needs.

Here are the essentials you need for Advanced Rejuvenating Concepts Professional treatments:

EQUIPMENT
Keep it simple. Facial treatment rooms should consist of an aesthetic bed, maglamp, cabinet and/or a trolley. No bulky multifunction units—especially steamers or towel warmers.

AESTHETIC TECHNOLOGY
Ultrasonic Rejuvenation System, Crystal Microdermabrasion and Crystal-Free/Diamond Microdermabrasion machines are easily customized to each skin concern and can be incorporated with Advanced Rejuvenating Concepts Professional peel solutions.

BASIC SKIN SUPPLIES
Synthetic fan peel brush, natural mask brush, synthetic body peel brush, cotton squares (we like Webril pads), round cellulose sponges, 27.5 gauge lancet for extraction assistance, dermaplaners (disposable, no scalpels), stainless steel bowls for water and small ones for peel solutions, towels and linens, disposable gloves, wooden tipped cotton swabs. Not including basic sanitation solutions (alcohol, bleach, etc).
Aesthetician’s Checklist

1. Vitamin A

Vitamin A products (tretinoin, isotretnoin, retinol) must be discontinued for at least 48 hours prior to treatment. Vitamin A dries the skin, allowing acids to penetrate much faster than normal. The ending result could lead to burning or blistering skin.

Note the use of Absorbica (new oral acne medication, similar to Accutane). This prescription increases the risk of adverse side effects from peel and waxing procedures. Clients taking this medication should have discontinued use 6 months prior to any treatment.

2. Other Medications

The key here is to look/listen for drugs that are known blood thinners, decongestants, and antihistamines. Oral antihistamines and/or decongestants dry the sebum of the skin, allowing acids to penetrate much faster than normal. The ending result could lead to burning or blistering skin.

3. Chemical Exfoliation

Hydroxy acid and benzoyl peroxide products must be discontinued for at least 48 hours prior to treatment. Chemical exfoliation products can increase skin sensitivity and may cause discomfort or burning of the skin.

4. Facial Injections

No facial injections (Botox or filler) 48 hours prior to a peel treatment. The acid will quickly penetrate into the injection site, resulting in discomfort, burning and possible blistering. However, it is acceptable for the client to have his/her injections performed after the peel treatment.

5. Cold Sores / Inflammation

Never apply chemical to a skin that may show signs of dermatitis or eczema as it may burn the skin. Additionally, never peel, massage, or manipulate active/open cold sores and fever blisters. The infection may spread if manipulated. Aesthetic procedures (facial and waxing) may induce a cold sore breakout. Clients undergoing facial rejuvenation should manage cold sore breakouts with a prescribed antiviral medication.

6. Discolorations

Any individual seeking to brighten visible signs of discolorations and age spots should use the Hyperpigmentation product range at least 2 weeks prior to treatment plans. Darker skin types and ethnic backgrounds with higher melanin content are more susceptible to hyperpigmentation after peel and/or microdermabrasion procedures.

7. Broken Capillaries

It is good practice to map any capillary damage on a facial chart. Clients with this concern can undergo a peel and/or Ultrasonic Rejuvenation treatment. Microdermabrasion may increase/contribute to capillary damage.

8. Pregnancy/Nursing Mothers

Avoid any salicylic acid and benzoyl peroxide product use at home and in the treatment room. A deep pore cleansing facial, microderm, or Lactic Peel may be performed.

9. Licensing

Verify that you are can legally perform this treatment with your State licensing board and insurance company. Always protect yourself and your business with professional insurance.
Rejuvenation Facial Protocol / The signature protocol for standard peels.

Step 1: Consultation & Prep

Cleanse and tone the skin. Perform an eyebrow clean up with Caronlab cream hard wax, and assess the lip and chin area for excess hair growth. After waxing, apply a light layer of Post Peel to the waxed skin and avoid applying the peel solution directly over these areas.

Step 2: Peel

Apply a light layer of peel solution with your fan brush. Avoid direct contact with the eyes. Glycolic and lactic-based peels may be gently massaged over the skin surface with gloved hands. Always supervise the peel and watch for visible signs of over-exfoliation. Depending on the skin's tolerance and sensitivity, these peel solutions may be left on the skin for up to 2 minutes.

Neutralize the peel with cellulose sponges wet in tepid water. Wet the skin with two passes of the damp sponges and proceed to a second cleansing. Always cleanse thoroughly in regions of the face where the peel solution may not be reached (i.e. the nasal area, lip area and any other folds or creases present). Should the client appear overly red or frosted, apply a layer of Post Peel to the affected areas.

Step 3: Perform extractions as needed.

Extract comedones as needed. Apply your preferred Toner/Conditioner to a clean cotton pad, wrap the dampened pad around index fingers and gently extract blemishes. For oily skin/acne extractions, apply Clearifying Toner to the skin after extractions have been completed to help prevent the spread of bacteria.

Step 4: Facial Massage & Mask

Perform a facial massage with Vitamin E Massage Cream or Natural Massage Cream. Avoid massaging active/cystic acne skin to help prevent stimulation and the spread of infection.

Apply a light layer of Herbal Moisture Mask with your natural mask brush. The mask may be lightly massaged while damp on the skin. Allow the mask to set for up to 15 minutes, while you perform a neck, décolleté, arm and hand massage. Remove the mask with damp cellulose sponges.

Step 5: Complete the Treatment

Apply a moisturizer. Finish with a light application of Sun Protectant Lotion.

OPTION: Serum Addition
Before applying the moisturizer, EGF Syntheserum, Wrinkle Release, Advanced Repair, or Opti-Renew Complex may be applied to the skin.
Rejuvenation Facial Post Peel Care Form

Depending on the treatment administered, it may take up to one week for your skin to recover completely. During the repair/renewal period, you may, or may not, experience slight tingling, itching, burning or tightness of the superficial layers of your skin. These sensations will gradually diminish. Follow these guidelines to help ensure the safest recovery:

Cleanse and Tone daily with your Advanced Rejuvenating Concepts solution: Fruitzyme, Clearifying, Melanin or Pumpkin.

Keep your skin hydrated and moisturized with the best Advanced Rejuvenating Concepts solution for your skin type: Advanced Recovery Cream, Beta-Carrot Cream, Clearifying Lotion, Phyto-DMAE Cream, Regenerating Cream, Ultra Hemp Lotion, Youthful You, and/or Rest-N-Restore.

Wear sunscreen daily (Sun Protectant Lotion or Advanced Shades) and reapply regularly (per the instructions) when outdoors for extended periods of time.

24 TO 48 HOURS POST-PEEL
Avoid sun exposure.
No hot tub, steam room or sauna.
No strenuous activities or exercise.
Do not pick, peel, scrape or scratch your skin.
Do not use any retinol products, lightening products, or exfoliating products.
Do not use any hair removal creams or wax over the treated area.
Avoid hair color, perm or other chemical solutions.

Contact your skin care provider with any questions or concerns you may have.

Name

Phone

Email

ADVANCED REJUVENATING CONCEPTS
Advanced aesthetic training and sales support, we are here to guide skin care professionals through all aspects of career and business development.

OUR FOUNDERS

Experience a facial with Tina Zillmann (LE, CLHRP, Founder & Executive Director) and you will witness the science of skin rejuvenation. Having over 25 years experience in clinical aesthetic applications, she continues to fuel her knowledge in medical aesthetics and surgical procedures that have profound impacts on the skin.

Distinguishing herself from the European day spas and what she likes to call “buff and fluff facials,” Tina created a liaison with a plastic surgeon and medical laser clinic, and founded the Skin Rejuvenation Clinique in 1991. Within the clinic, she created Advanced Rejuvenating Concepts skin care products and became renowned in the South Texas region for her progressive treatments for acne, acne scarring, sun damage, and melasma.

As a purveyor of healthy skin and provider of all things beauty, Tina expanded her interests into educating women throughout the nation. Together, with her husband, Matthew, the Zillmann’s have created a business focused around beauty, personal development, and customer service.

EDUCATION

In maintaining her high standards of excellence, Tina employs experienced and highly trained aestheticians as educators for Advanced Rejuvenating Concepts. Each Educator is fluent in product knowledge and practices our treatment protocols within the Skin Rejuvenation Clinique.

From sponsored online classroom demonstrations to private training and consulting workshops, our Educators are available to help every client succeed in skin typing and analysis, treatment applications, product recommendations, and more.

Our clients have the ability to gain valuable knowledge from certified and experienced aesthetic educators.

SKIN TYPING AND BIOLOGY / CONSULTATION AND ANALYSIS / PRODUCT KNOWLEDGE AND SALES
CONCIERGE TREATMENT APPLICATIONS / PRE- AND POST-PROCEDURAL CARE

START NOW

Back your business with a product and service range that delivers results. Advanced Rejuvenating Concepts is an exclusive line dedicated to professionals who are serious about changing the skin. If you’re ready to elevate your business and impress your clients, contact us today.

Products are offered at wholesale cost to retailers and skin care professionals with a valid sales permit and license. Opening orders require a minimum purchase of $500. Reorders require a minimum purchase of $150.

Learn more at ARCSkinCare.com or call 800 689-0499.